

DINNERLY



July Snack Special!

Crumbed Chicken Tenders with Shoestring Fries



40 minutes



2 Servings

Who needs drive-through chicken tenders when you can make our easy version instead! Our secret? Cheat's buttermilk, which makes the chicken extra tender, then pan-frying it until deliciously crunchy and golden. Served with a side of fries, it's nothing short of perfection.

WHAT WE SEND

- 100g Greek-style yoghurt ⁷
- 2 potatoes
- 20g smoky barbecue seasoning ¹⁷
- 20g cornflour ¹⁷
- 75g panko breadcrumbs ¹
- free-range chicken tenderloins

WHAT YOU NEED

- 1½ tbs milk ⁷
- 2 tsp white vinegar
- 60ml (¼ cup) olive oil
- 2 tbs mayonnaise ³
- 1 tbs barbecue sauce (optional)

TOOLS

- 2 oven trays
- baking paper
- large frypan
- paper towel

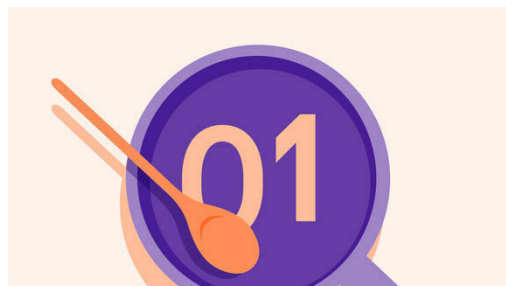
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

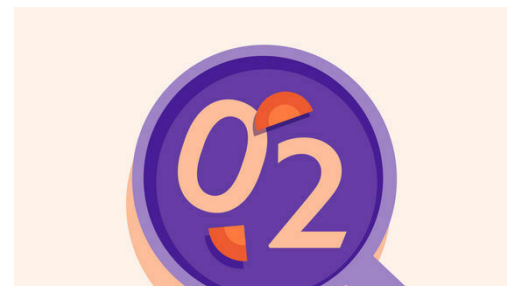
NUTRITION PER SERVING

Energy 990kcal, Fat 47.6g, Carbs 83.5g, Proteins 48.0g



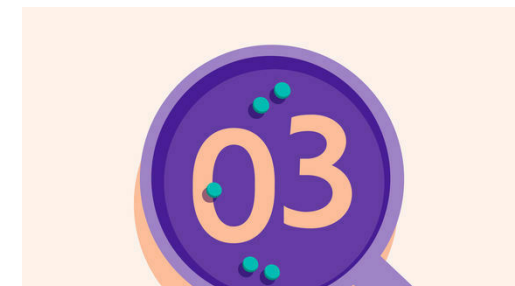
1. Make cheat's buttermilk

Preheat the oven to 220C. Line 2 oven trays with baking paper. Put the **yoghurt**, **1½ tbs milk** and **2 tsp white vinegar** in a shallow bowl and stir to combine.



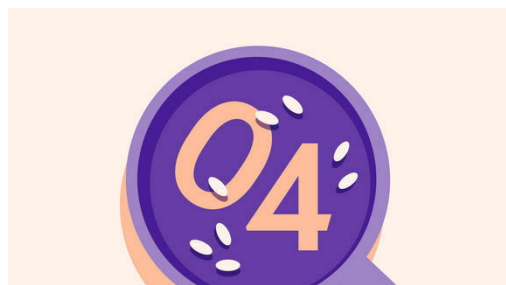
2. Bake fries

Peel the **potatoes** and cut into matchsticks (see Kitchen hack). Put the potato on the lined trays, drizzle with **1 tbs olive oil**, scatter over **2 tsp barbecue seasoning**, season with **salt and pepper** and toss to coat. Bake, swapping the trays and turning the fries halfway, for 30 mins or until golden.



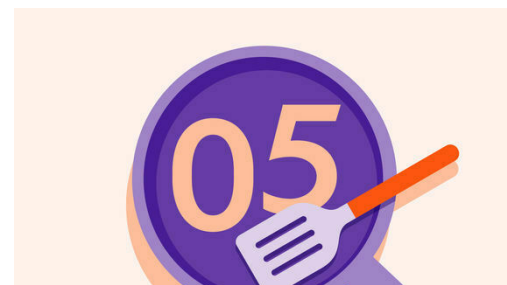
3. Crumb chicken

Meanwhile, put the **cornflour** in a shallow bowl. Combine the **breadcrumbs** and **remaining barbecue seasoning** in a separate shallow bowl. Season the **chicken** with **salt and pepper**. Dust the chicken in the cornflour, shake off the excess, then dip in the **buttermilk** and coat in the **breadcrumb mixture**.



4. Cook chicken

Heat **2 tbs olive oil** in a large frypan over medium-high heat. Cook the **chicken** for 2-3 mins each side until golden and cooked through. Remove from the pan and drain on paper towel.



5. Serve up

Divide the **chicken** and **fries** among bowls. Serve with **mayonnaise** and **barbecue sauce**, if using, for dipping. Enjoy!



6. Kitchen hack

Here's an easy way to cut the potatoes into matchsticks: thinly slice lengthwise, then stack the slices and cut into matchsticks.